



**Robert E. Bush
Naval Hospital**

Did you know?...

You have the right to express your concerns about patient safety and quality of care.

There are several avenues open to you:

- * Through the ICE website.
 - * The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via:
- E-mail at complaint@jointcommission.org
Fax: 630-792-5636

The Joint Commission
Oak Renaissance Boulevard
Oakbrook Terrace, IL 60181

To report Fraud, Waste and Abuse contact one of the below offices by calling:

Naval Hospital: 760-830-2344
Combat Center: 760-830-7749
NavMedWest: 1-877-479-3832
Medical IG: 1-800-637-6175
DoD IG: 1-800-424-9098

THE EXAMINER

An Award Winning Publication

<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>

Welcome Copper Mountain College LVN Students!



Copper Mountain College Licensed Vocational Nursing students get ready for their third semester of clinical training at the Robert E. Bush Naval Hospital. The year-long program begins in May. Pia Duprat, from Yucca Valley and one of this year's LVN students, said, "The Copper Mountain program is great. The instructors spend a lot of time with the nursing students and really invest in them. The Naval hospital has been very welcoming, very professional. Everyone we have met here has been absolutely excellent." The focus for this semester is pediatric nursing and labor and delivery, said Tanya Guin, clinical nursing instructor. L-R: Eva Bowdish, Jessica Martinez, Rebecca Lujan, Dee Leazer, Krista Lee, Karye McKert (clinical instructor), Pia Duprat, Alesha McGough, Alena Zebley, Erin Walsh and Kayla Ruddick.

Branch Clinic Events



Ms. Dawn Placencia (center) receives a Letter of Appreciation from Commanding Officer, Naval Air Weapons Station China Lake Commanding Officer, Capt. Paul Dale. Middle: HM2 Steven Deguzman reenlisted Jan 20. Bottom: HMI Jason Marquez reenlisted 17 Jan.



Birthdays! Left: The NHTP Navy Medical Corps celebrated the Medical Corps' 146th birthday March 2. in the area soon to be known as the Crow's Nest. Right: On Feb. 27, the Navy Seabees celebrated their 75th birthday with Seabees and engineers from around base.



Sailor in the Spotlight

Hospital Corpsman First Class Daniel Gonzalez



Hospital Corpsman First Class Daniel Gonzalez, Lead Petty Officer for the Directorate for Clinical Support Services, was selected as Senior Sailor of the Year (fiscal year) for 2016.

"He's the best of the best," said NHTP Command Master Chief Jerry Ramey. "He's knowledgeable about core skills, knowledgeable about Navy leadership and history; and he's also very approachable and sincere. Junior Sailors respect him for that," Ramey said.

Gonzalez has been in the Navy 12 years, the last two and a half years at NHTP. Hometown is El Paso, Texas. He has deployed twice and says he would do it again "in a heartbeat." He says his favorite assignment, however, is right here at NHTP. "I've been afforded leadership opportunities here that wouldn't have been available at larger medical centers," Gonzalez said. "NHTP is like a tight-knit family where everyone knows everyone else. We look out for each other just like family."

Gonzalez lives on base with his wife and three children, two sons, 11 and 16 and a daughter, 13. His 20-year-old son just graduated from Air Force boot camp.

Gonzalez graduated from x-ray tech school in 2012. Before that he was a quad-zero, 8404, Fleet Marine Force Corpsman. He is known as a Sailor's Sailor, with strong leadership and mentoring skills. He supervises a Directorate that encompasses the Laboratory, Pharmacy, Physical

Therapy/Occupational Therapy and Radiology departments.

"Leadership starts at the deck-plate," Gonzalez said. [Deckplate leaders are visible, set the tone, know the mission, know their people and develop their people beyond their own expectations as a team and as individuals]. "I make my rounds through all of my departments, engaging and interacting with all of my Sailors. My door is always open to discuss personal or career related matters." He has managed to get two to three Sailors promoted for every cycle he's been at NHTP.

"HM1 Gonzalez is a great leader because he makes it seem so easy," said Hospital Corpsman Third Class Michael De Leon, Occupational Therapy Department. "He inspires every Sailor in the Directorate and he's always there for me." Hospitalman Jacob Barrett, Radiology Department, reiterated that view. "He's the guy young Sailors want to be," Barrett said. "He inspires us to want to reenlist."

Gonzalez credits his upbringing for his impressive leadership skills. "My parents were strict and they instilled a sense of respect. "Being polite and having good manners goes a long way in winning people over."

Gonzalez looks forward to being promoted to Chief Hospital Corpsman. His goal is to become an instructor at Joint Base San Antonio, Fort Sam Houston, and settle in the area permanently with his family.



Rear Adm. Paul Pearigen, Commander Navy Medicine West, visited the Robert E. Bush Naval Hospital Feb. 8 and 9. He was given an overview of the hospital departments and directorates and toured the facility. The admiral had lunch with Sailors and civilians of the year and quarter in the Adobe Cafe and afterward presented Admiral's coins to the Officer of the Year, the Senior Enlisted leader of the Year, Junior Sailor of the Year and Blue Jacket of the Year. Rear Adm. Pearigen held an all-hands Admiral's Call in NHTP classrooms 4 & 5. He met with senior leadership on base and toured the new Marine Medical Home Port/Adult Medical Care Clinic.



Officer of the Year: Lt. Carolyn Hine



Senior Enlisted Sailor: HM1 Daniel Gonzalez



Junior Enlisted Sailor: HM2 Regina Davis



Blue Jacket of the Year: HN Pedro Lopez

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Commanding Officer
Capt. John A. Lamberton, MSC, USN

Executive Officer
Capt. Jeffrey W. Bitterman, MC, USN

Command Master Chief
HMMC (SW/AW/FMF) Jerry Ramey, USN

Public Affairs Officer/Editor
Mr. Dave Marks

Command Ombudsman
Ms. Mica Wolkenhauer (252) 503-8070 email: nh29po@gmail.com

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How to reach us...
Commanding Officer Naval Hospital
Public Affairs Office
Box 788250 MAGTFTC
Twentynine Palms, CA 92278-8250
Com: (760) 830-2362
DSN: 230-2362
E-mail: david.m.marks.civ@mail.mil
Hi-Desert Publishing Company
56445 Twentynine Palms Highway
Yucca Valley, CA 92284
Com: (760) 365-3315
FAX: (760) 365-8686



Preventive Medicine Corner

Submit Questions/Concerns and Tanya Will Provide Answers



Tanya Stuckey

Dear Tanya,

I have been working out with friends and have lost some weight, but I am ready to take it to the next level. My primary care manager (PCM) said I could talk to the dietitian at the hospital. I plan to do that, but

do you know of any groups that offer support and information on weight loss?
Signed,

Losing and Loving It

Dear Loving It,
Congratulations on your fitness and weight loss accomplishment! You are on the right track! Teaming up with your PCM and the dietitian will allow you to create a plan that meets any medical needs that you may have.
There are a few opportunities coming up that I would love to tell you about. Did you know that our very own dietitian, Lt. Kantar will be providing guided tours of the commissary in March? On March 7, 14 and 21 he will discuss the importance of shopping healthily and how to meet different nutritional needs based on goals. March 3,

NHTP will host the first session of a weight management series "ShipShape" where participants spend one hour per class learning about nutrition, fitness and the psychology of weight management. If you and your friends (teams of 2-10) are up for a friendly competition, you can sign up for *Crews into Shape Challenge* March 5-31-- you will track your intake of fruits and vegetables and incorporate at least 150 minutes of activity per week to take home the bragging rights as the 2017 Healthiest Crew and have your crew photo along with your crew name to be displayed in the naval hospital until April of 2018!

If any or all of these sound interesting, give me a call and I can get you signed up! (760) 830-2173
--Tanya

Sign Up for a Commissary Tour with Registered Dietician in March

March is National Nutrition Month and many of us made a New Year's resolution to eat healthier. If you are looking for help in planning meals around particular goals, please consider signing up for a commissary tour being offered by Lt Michael Kantar, registered dietitian and department head, NHTP Nutrition Services Department. He will lead three

tours in March, each with a specific theme. The March 7 tour offers tips on how to build a healthy shopping cart. The March 14 tour focuses on selecting specific foods that naturally fuel the body (to reach endurance and muscle-building goals). The March 21 tour focuses on best food choices for those at risk or diagnosed with a health condition that can be

affected by food choices. Don't miss this great opportunity to speak with a dietitian about the best food choices to make. Tours begin at 9 a.m. and last approximately one hour.

Registration is required and is limited to 30 participants per tour. Sign up now by calling (760) 830-2173.



Hospital Corpsman Second Class Nelson Deguzman reenlisted for two more years February 28 in a ceremony in the Clinic A waiting area. HM2 Deguzman, a pharmacy technician, has been at NHTP for two years and in the Navy for 12 years. Hometown is Hayward, California. Reenlisting Officer was Cmdr. Roger Bunch.



Cpl. Medina Ayala-Lo, MCAGCC Public Affairs Office, live streams NHTP Commanding Officer Capt. John Lamberton for a Make the Stumps Better presentation March 3 from the conference room in the base Public Affairs Office. Check out Make the Stumps Better on Facebook where you can see the full video.

BORN FROM 1945-1965?
GET TESTED FOR HEPATITIS C

3 IN 4
people with Hepatitis C were born during these years
Left untreated, Hepatitis C can cause:
People born from 1945-1965 are 5X MORE LIKELY to have Hepatitis C

MORE THAN One Million
people living with Hepatitis C DO NOT KNOW THEY ARE INFECTED
LIVER DAMAGE FAILURE CANCER
Many people can live with HEPATITIS C FOR DECADES WITH NO SYMPTOMS

Awardees...

The following awards were presented during the February 3 First Friday Award Ceremony in NHTP Classrooms 4 & 5. Hospital Commanding Officer Capt. John A. Lamberton was the presenting officer.



Mr. Daniel Aldridge is presented with a Letter of Commendation citing his selection as Senior Civilian of the Quarter for the period Oct. 1 to Dec. 31, 2016.



Hospital Corpsman Third Class Karol Chua is presented with a Letter of Commendation citing her exemplary performance at Naval Medical Center San Diego from Sept. 2014 to Oct. 2016.



Hospitalman Pedro Lopez is awarded the Navy and Marine Corps Achievement Medal for his selection as Blue Jacket of the Year.



Lt. Cmdr. John Aylsworth is awarded the Navy and Marine Corps Commendation Medal.



Showing a true "unity of command," NHTP staff congratulate the awardees following First Friday Colors.



Hospital Corpsman Second Class Steven Cullity is awarded the Navy and Marine Corps Achievement Medal.



Lt. Tasha Gallegos is awarded the Navy and Marine Corps Achievement Medal.



Ms. Alissa Sandhovel is presented with a Patient Safety Award.



Lt. Eric Pasman is presented with a Letter of Commendation citing his selection as Officer of the Quarter for the period Oct. 1 to Dec. 31, 2016.



Ms. Keiada Theodule is presented with a Patient Safety Award.



Hospital Corpsman Second Class Regina Davis is awarded a Navy and Marine Corps Achievement Medal citing her selection as Junior Sailor of the Year for FY 2016.



Hospital Corpsman Second Class Daniel Mendenhall is awarded the Navy and Marine Corps Achievement Medal.



Ms. Robbin Prato is presented with a Letter of Commendation citing her selection as Junior Civilian of the Quarter, for the period Oct. 1 to Dec. 31, 2016.



Ms. Tiffany Outlaw is presented with a Patient Safety Award.



Hospital Corpsman Third Class Veronica Vargas is presented with a Patient Safety Award.



Ms. Leslie Belt is presented with a Letter of Commendation citing her selection as Senior Contractor of the Quarter for the period Oct. 1 to Dec. 31, 2016.

Mr. Ronald Lyerla is presented with a Letter of Commendation citing his selection as Junior Contractor of the Quarter for the period Oct. 1 to Dec. 31, 2016.



Introducing New Staff -- Welcome Aboard!



HM2 Mercedes Richey

HM2 Mercedes Richey arrived to the Command from Naval Hospital Sigonella where she worked in the Pediatric Department her first year and then was LPO for OBGYN her final two years. "I loved it there. It was a great community," she said. Richey particularly liked establishing relationships with the staff and beneficiary community. "You become a family there," she said. Sigonella was her first assignment. She's been in the Navy three and a half years. Hometown is Indianapolis. She joined the Navy to change the world. "I wanted to be part of making a difference, globally." Richey is assigned to SEAT. It's an awesome assignment, she said. "My HM1 and all of the personnel have been great. They are very welcoming!" She's interested in Occupational Therapy and is working on her undergraduate degree. Her husband is a Corpsman on the green side. Hobbies include reading (especially motivational speakers), walking and traveling.



HMCS Victor Isarraraz

Senior Hospital Chief Victor Isarraraz arrived from 1st Medical Battalion, 1st Marine Logistics Group, Camp Pendleton, where he was Senior Enlisted Leader for HQ and Service Company. He spent two previous tours at NHTP and owns a home in Twenty-nine Palms. Hometown is San Antonio, Texas. He's been in the Navy 28 years. At NHTP, Isarraraz has been the SEL for the Directorate for Surgical Services and SEL for the Directorate for Medical Services. In his present tour, he'll be SEL for the Directorate for Administration. He is a natural mentor and was active with the NHTP sports programs "as well as any other activities our Sailors had going on. As chiefs, it's incumbent upon us to be visible and active on the deck plate." Among his three sons, his eldest was recently frocked to Corpsman Third Class on Camp Pendleton. He and his wife pinned him. Hobbies include excursions in his pontoon boat on Lake Havasu and chess.



HM1 Tia Brown

HM1 Tia Brown arrived from Naval Hospital Beaufort where she was LPO of OBGYN and transitioned into being a career counselor at NH Beaufort and also on nearby Perris Island. At NHTP, she's assigned to the Material Management Department. She's earned her Associate's degree in general studies from Central Texas College and plans to earn a BA in either human resources or nursing. Brown has been in the Navy 11 years.

Hometown is Hinesville, Georgia. She met her husband, a fellow First Class Corpsman, while they were both assigned to National Naval Medical Center Bethesda. He is currently assigned to the MCAGCC green side. They have three children, two boys and a girl and her hobbies generally revolve around the children. Her advice for junior enlisted: Avoid the rumor mill. Do your own research for career progression. Study hard for the exams and try to get a mentor.



Lt. Rochelle Fabrizio

Lt. Rochelle Fabrizio is the new Senior Nurse Officer at Branch Health Clinic China Lake. She arrived from Naval Hospital Pensacola where she ran the Wound-Care Clinic and worked on the Multi-Service Ward. She's been in the Navy five years and hails from Birchwood, Wisconsin. Being a Navy nurse combined her two ambitions: Joining the military and having a career in medicine. She earned her RN degree as a ROTC midshipman at Marquette University (serving along side Midshipman Laurabeth Brogdon, now Lt. Brogdon) before her commissioning. Fabrizio, her husband (whom she also met in Marquette U. ROTC) and two children (ages 2, and 10 months) live close to the NAWS China Lake front gate. Hobbies include "anything handy, outdoorsy." She and her husband did their own home renovation in Pensacola. "I really enjoy laying tile, rebuilding walls, things like that," Fabrizio said. Near-term goals include having another child and applying for medical school.



HM2 Joseph Grabianowski

HM2 Joseph Grabianowski arrived from the Defense Medical Readiness Training Institute, Fort Sam Houston, where he instructed tactical combat casualty care and pre-hospital trauma life support. He's been in the Navy 12 years. Hometown is Butler, New Jersey. At NHTP, he is assigned to the Patient Administration Department. He was motivated to join up out of a sense of duty but also from family history, noting that his great uncle and grandfather were also in the Navy. He has the long view and is interested in learning a trade, such as mechanic or electrician, in anticipation for a return to civilian life. Grabianowski was here previously for workups for mobilization. As a Fort Sam instructor he has insight into what makes a successful corpsman: "Be flexible, able to adapt, be creative and make yourself available for opportunities." The ability to learn is also important, he said. Hobbies include video games. His current favorite is First-Person Shooter.

What Does Women's History Month Mean to You?



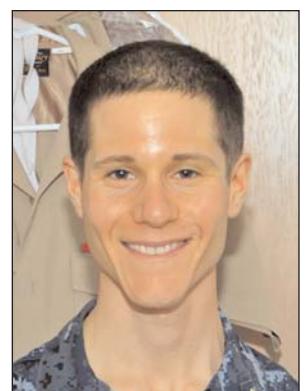
HM3 Michelle Bowles, MHP Blue Team: "It means focused determination and pushing through every boundary and trying to achieve success no matter what."



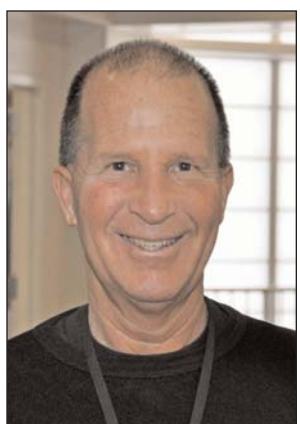
HN Tyler Graham, SEAT: "It means they get the acknowledgement for all of their hard work; and we get to remember how hard they actually had it before they were treated equally, which was very unfair. Also it shows us where we need to improve."



HM3 Karol Chua, OBGYN Clinic: It means empowerment. It reminds us that women, but not just women, anyone and any race anywhere in the world, just have to believe in themselves and they can do it.



Lt. Michael Kantar, Chief, Nutrition Services Dept.: "It means recognizing women for their entrepreneurship, leadership, and making a statement that they are equal to men in the work force."



Larry Richelli, Information Management Dept.: "It means celebrating women just to recognize how great they are."



Iona Parker, Medical Staff Services: "It means celebrating women's achievements."

SUBJECT: 2017 Department of Defense Women's History Month Observance

The Department of Defense (DoD) joins the Nation in celebrating March 2017 as Women's History Month. Women of the highest caliber have served in the Nation and DoD for generations and continue to pave the way for the future. Their sacrifices, professionalism, and bravery set and exceed the standard, and illustrate their dedication and willingness to share in service to our Nation. Throughout our history, women have served our country with valor, from the battlefields of the Revolutionary War, to the deserts of Iraq, and mountains of Afghanistan. These women, military and civilian, continue to make great strides and break down barriers within DoD.

Women now serve as leaders at every level and can serve in every career field. These achievements make the Department much stronger and add to the advancement of diversity and inclusion.

We are grateful for the foundation that women have established and for their continued efforts to build upon those achievements. We honor them for their contributions and invaluable service. I encourage all to celebrate Women's History Month by acknowledging the diversity and strength women contribute to the Total Force.

A. M. Kurta
Performing the Duties of the Under Secretary of Defense for Personnel and Readiness



Jennifer Craig, MCCS Ship's Store: "It's about celebrating women and their importance."



HM1 Michelle Richardson, Operations Management Dept.: "You're observing the struggles of the women who have gone before you and what they had to go through. You learn about the difficulties they had, such as voting and the struggles they endured so that we can have the liberties we now have, including joining the Navy."

